

THE GRAPEVINE EXPRESS

September/October 2017
Pro Action Yates Office for the Aging
Hours of Operation: 8:30am-4:30pm Monday-Friday



Monday, September 4 & Monday October 9

Medicare Open Enrollment: October 15th through December 7th 2017

During the past year, have you:
Changed the medications you take?
Been diagnosed with a new medical condition?
Been hospitalized more than once?

Any of these changes could result in your current Medicare plan no longer fitting your situation.

Medicare plans also change. The cost of your plan can go up or down, and prescription drugs can be added or dropped from the list of drugs covered by your plan. Some Medicare plans stop offering coverage in a particular area. New plans may be available to you.

You can evaluate and change plans between October 15th and December 7th each year during the Annual Open Enrollment Period.

The changes made during this time will go into effect January 1, 2018.

The Yates Office for the Aging Staff can help you decide what plans fit your needs best.

For your convenience, Ashley Tillman will be available at the following locations to go over Federal Medicare updates and Medicare Advantage plan changes.

Dundee Library: 10-11am on November 16

Dundee St. Mark's Terrace: 10-11am on October 17

Penn Yan Yates County Building Auditorium: 10-11am on October 27, November 3, November 17, and December 1

Penn Yan St. Mark's Terrace: 10-11am on October 16

Rushville Community Health Center: 10-11am on October 23

Penn Yan Public Library: 10-11am on Saturday, October 28 and 5-6pm on Wednesday, November 8

Do you wish to not attend a presentation? Many of our customers have requested a plan comparison chart. We have listened and this year we will be offering 2018 Plan Comparison Packets. Each packet will include all 2018 plan information, instructions on how to use the Medicare Website to search and compare plans, and a comparison worksheet with tips and advice. These packets can be mailed to you or you can stop in to pick one up. We will begin to distribute packets on Monday, October 16th, and you can call in advance to be added to the mailing list.

Call 315-536-5515 today to reserve your spot at a session. Attendance at the group sessions is strongly encouraged as there will be limited availability for individual meetings. If you need Transportation to the session, please request this when reserving your spot. Transportation requests need to be made at least one week in advance of the session.

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September 12 and October 10

“Our Town Rocks” Champions Meeting will be held at the Our Town Rocks Office, 12 Main Street in Dundee at 10:00 am. For more information call Caryl Sutterby at 607-426-4015, go to www.ourtownrocks.org or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

September 14

- ◆ All family caregivers are welcome to come anytime to visit and share with others who take care of, or are concerned about loved ones with dementia or Alzheimer’s at the Alzheimer’s Support Group meeting at 2:00 pm in the Yates County Office Building Room 1037.

September 18 and October 16

- ◆ “Our Town Rocks” Community Gathering monthly meeting will be held at 6:00 pm at the Our Town Rocks Office, 12 Main Street in Dundee. For more information call Caryl Sutterby at 607-426-4015, go to www.ourtownrocks.org or email ourtownrocks@ourtownrocks.org. All residents of the Towns of Barrington, Starkey, and the Village of Dundee are welcome to attend.

September 30

- ◆ Last day to receive Farmers Market Coupons, while supplies last. Each booklet has \$20 worth of coupons to buy locally grown produce. They can be picked up at the Yates Office for the Aging.

October 12

- ◆ All family caregivers are welcome to come anytime to visit and share with others who take care of, or are concerned about loved ones with dementia or Alzheimer’s at the Alzheimer’s Support Group meeting at 2:00 pm in the Yates County Office Building Room 1037.

SAVE THE DATES: 11/14/17 and 12/19/17 for Yates OFA Special Event Holiday Dinners.
Stay tuned for more details.

Public Hearing for the 2018 Pro Action Yates OFA Budget and Annual Implementation Plan

We want to hear from YOU about how Pro Action Yates Office for the Aging is doing in meeting the needs of Yates County Seniors. Three public hearings have been scheduled to seek your input on our 2018 Budget and Annual Implementation Plan. Your input helps shape this budget and is shared with elected representatives. A summary of the 2018 Budget and Annual Implementation plan will be available at the hearings.

Please note, each site is accessible and every effort will be made to accommodate all individuals’ needs, including providing copies of materials in large print or braille, audio copies, or language translation services. If you need any accommodations, including the need for an assistive device, please contact Donna O’Connell at 315-536-5515 at least 72 hours prior to the hearing date.

Monday, October 16th
 11:00 AM
 St. Mark’s Terrace
 Penn Yan

Tuesday, October 17th
 11:00 AM
 St. Mark’s Terrace
 Dundee

Thursday, October 19th
 11:30 AM
 Yates County Office Bldg.
 Room 1037
 Penn Yan

Medicare Plan Finder Classes

Pro Action Yates Office for the Aging is offering free classes for beneficiaries to learn how to search and compare Medicare plans on the internet based on their own individual need. Computer knowledge not required, but preferred. Feel free to bring your tablet or laptop. Step by step handouts will also be provided. Attendance at only one class is necessary.

Classes will be held September 18th, September 19th, and October 2nd from 10-11am in the Public Health Conference Room, located on the second floor of the Yates County Office Building. There is an elevator and location signs posted for you to utilize. Space is limited, so please call 315-536-5515 to reserve your spot today.

GET INVOLVED!

Strengthening yourself by Strengthening your Community

- ◆ **Home Delivered Meals Drivers-** We cannot serve our customers without the help of volunteers who deliver the meals. Volunteers are the heart and soul of our program, providing so much more than a meal. Volunteers provide the warm, human contact our seniors need and may be the only contact that senior has that day. Whether you have only a few hours one day per week, can volunteer every day, or can only work a few hours a month, your assistance is needed. Background and driver's license checks are required. Mileage is paid. Call Becky Bennett-Tears at 315-536-5515 for more information.
- ◆ **Front Office help-** Office for the Aging is seeking volunteers to answer and transfer phone calls, help customers who come into our office, complete data entry, and general clerical duties. We will train you! For more information, please contact Becky Bennett-Tears at 315-536-5515.
- ◆ **Dundee Meals on Wheels-** Would you like to deliver meals to homebound seniors in the Dundee area? Please contact Charlene Stanton at 607-243-8371 or Pat Woodard at 607-243-8229 for more information.
- ◆ **Keuka Food Pantry and Penn Yan Mobile Food Pantry—**Volunteers are needed to help at the Keuka Food Pantry and the Penn Yan Mobile Food Pantry. If you can help, please call Cheryl at 315-521-5949 to learn more.

Adults need vaccines too!

Most vaccines are given to you during childhood, but it is very important to remember that as adults you need vaccines too! With fall just around the corner, Sara Christensen, Supervising Public Health Nurse at Yates County Public Health, asks that you check with your doctor or pharmacist to see if you are up to date on your vaccines to help protect you against the flu, pneumonia and shingles.

Pneumonia vaccine:

Adults age 65 and older need the pneumonia vaccine. There are two types of pneumonia vaccines and your doctor or pharmacist will tell you which one you need to get first.

Adults ages 19-64 with certain medical illnesses or who smoke also need the pneumonia vaccine. Your doctor or pharmacist will tell you which pneumonia vaccine you need based on your medical history and how often you need to get the vaccine.

Pneumococcal disease can cause infection in the lungs, blood, and lining of the brain and spinal cord and can cause death.

Shingles vaccine:

Adults age 60 and older need the shingles vaccine.

Shingles is a painful rash that can develop due to having the chickenpox when you were younger. The rash usually is on one side of your face or body.

Some adults experience pain that can last for months or years after the rash goes away.

Flu vaccine:

Everyone 6 months and older needs the flu vaccine every year.

Flu illness increases in the winter months so it is best to get the flu vaccine in the fall.

Flu is a respiratory illness that can cause mild to severe illness. Some people get very sick from the flu and have to be hospitalized or may die from flu complications.

There are different types of flu vaccines for adults and your doctor or pharmacist will tell you which one is best for you.

For more information on adult vaccines, visit www.cdc.gov/vaccines, or contact Sara Christensen at schristensen@yatescounty.org or by calling 315-536-5160.



Public Health
Prevent. Promote. Protect.
Yates County, NY

Depression in Older Adults

Everyone feels blue now and then. It's part of life. But, if you or a loved one no longer enjoy activities that you usually like, you may have a more serious problem. Being depressed, without letup, can change the way you think and feel. Doctors call this "clinical depression".

Being "down in the dumps" over an extended period of time is not a normal part of aging. But it is a common problem that can be treated with medication, "talk therapy", or other treatment methods. There is no specific cause for depression. For some people a single event can bring on the illness. Depression often strikes people who felt fine but who suddenly find they are dealing with a death in the family, a serious illness, or life change such as retirement, or moving from one's house to an apartment or in with family. For some people changes in the brain can affect mood and cause depression. Sometimes those under a lot of stress, like caregivers, can feel depressed. Genetics, too, can play a role. Studies show that depression may run in families. Others become depressed for no clear reason. How do you know when you or a loved one needs help? Here is a list of the most common signs of depression:

- * An "empty" feeling, ongoing sadness, and anxiety
- * Loss of interest or pleasure in everyday activities
- * Trouble sleeping, waking early, too much sleep
- * Aches and pains that don't go away when treated
- * Feeling guilty, helpless, worthless, or hopeless
- * Hard time focusing, remembering, or making decisions
- * Tiredness, lack of energy
- * Eating more or less than usual
- * Crying often, or for no reason
- * Being irritable
- * Thoughts of death or suicide

The first step to getting help is accepting that you or your loved one needs help. Too often people think that they will "snap out of it", or that seeking help is a sign of weakness. Both are not true. You should make an appointment with your family doctor. He can check to see if your depression is caused by a health problem, such as hypothyroidism or vitamin B12 deficiency, or caused by a medication you are taking.

If your depression is not caused by a health problem or medication, your doctor may prescribe an anti-depressant drug which can improve your mood, sleep, appetite, and concentration. If you are dealing with the loss of a loved one, have been diagnosed with a major illness, or had a significant life altering event, your doctor may suggest a support group to help with new coping skills and social support. Other options may include talk therapy with a social worker, mental health counselor, psychologist, or psychiatrist.

Don't avoid getting help because you may be afraid of how much treatments might cost. Often talk therapy is short-term and is usually covered by private insurance and Medicare. Also some community mental health centers offer treatment based on a person's ability to pay.

What can be done to lower the risk of depression? There are a few steps you can take. Try to prepare for major changes in life, such as retirement or moving from your home of many years. Keep good friendships over the years, they can help ease loneliness. Develop a hobby to help keep your mind and body active. Stay in touch with family, let them help you when you feel sad. If you are faced with a lot to do, break it up into smaller jobs that are easy to finish. Lastly, regular moderate exercise may lift your mood and provide energy, eat a balance diet to help avoid illness, and see your family doctor on a regular basis.

(taken from the National Institute on Aging AgePage - Depression)



THERE ARE ONLY FOUR KINDS OF
PEOPLE IN THE WORLD
THOSE WHO HAVE BEEN CAREGIVERS,
THOSE WHO ARE CURRENTLY
CAREGIVERS,
THOSE WHO WILL BE CAREGIVERS,
AND THOSE WHO WILL NEED
CAREGIVERS.

-Rosalynn Carter



Transportation, Emergency Response, and Project Lifesaver Programs

Our **Transportation Program** provides **rides** within Yates County and also to Bath, Canandaigua, Clifton Springs, Corning, Elmira, Geneva, Montour Falls, and Rochester.

Would it be helpful to have someone ride along with you? Our **Transportation Companions** can help you find your way to your medical appointments and will wait for you while you are in the appointment. They will ride with you on our vehicles to keep you company. Let Terri know you are interested in riding our vehicles with a Transportation Companion. If you require a wheelchair bus, or prefer riding in the van please mention that at time of call, we will be happy to accommodate you with a comfortable ride. For scheduling transportation, **call 315-536-5517**.

The **Personal Emergency Response System** is a push button alert system for seniors and caregivers. It helps you maintain your independence and also gives you and your family peace of mind. If you have a medical emergency you push the button on your pendant or wristband and your call goes into the Yates County Sheriff's Office and help is summoned.

The **Project Lifesaver System** is designed to rescue individuals with cognitive conditions like Alzheimer's, dementia, autism, and Down Syndrome who tend to wander. It is never too early to enroll your loved one in this program, even if they are not showing signs of wandering yet. It's better to be safe than sorry.

**** For information on Yates OFA Transportation Services, Emergency Response System, or Project Lifesaver, **call Terri Becker at 315-536-5515**.

ATTENTION: PERS and Project Lifesaver Clients

If you have activated your PERS button and are admitted to the hospital please make sure that the PERS Pendant stays with your belongings. There is a \$37.00 fee to replace the pendants.

If your loved one has a Project Lifesaver bracelet and is admitted to a hospital or care facility please make sure that the staff gives you the bracelet so it can be returned to OFA. You can ask them to call us and we will be glad to pick it up at that location, **315 536-5515**. **The PL bracelets are very costly to replace.**

If you have a phone line that is through your internet provider and you or a member of your household hooks up a new piece of equipment to your computer it **MAY** affect your PERS unit. **MAKE SURE TO TEST YOUR UNIT AFTER ANY KIND OF CHANGE AND CONTINUE TO TEST ON A WEEKLY BASIS.**

The Penn Yan Area Council of Churches provides transportation to Sunday Worship Services in Penn Yan. To arrange for a ride or to volunteer to drive, call Jennifer Jensen at 315-536-8281.

Farmer's Market Coupons

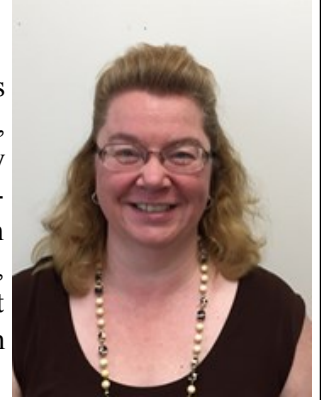
- ◆ Farmer's Market Coupons are still available. You need to be at least age 60 **and** meet low income guidelines. Each booklet has \$20 worth of coupons to buy locally grown produce. Vendors will have signs at their booth indicating that they are able to accept Farmer's Market Coupons.
- ◆ You need to get your booklet before 9/30/17 and coupons must be used before 11/30/17. Reminder– not all markets will be open through 11/30/17 so be sure to check for closing dates. Booklets are dispersed on a first come, first serve basis. Please **call Donna O'Connell at 315-536-5515** for details.

Thank You to the Yates County Tuberculosis and Health Association!

The Yates County TB & Health Association provided a \$1200 grant to the Yates Office for the Aging. The grant will be used to assist with the cost of Personal Emergency Response Systems for those who can not afford the expense but need the service. The goal of our PERS program is to help individuals remain healthy and independent in their own homes.

Spotlight—Meet Amy Canfield!

It is our pleasure to introduce **Amy Canfield**, our **Supervising Case Manager**. Amy has been with Pro Action Yates OFA, in a variety of roles, for over 7 years and is a well-known, Yates County native. Amy is responsible for our Expanded In-Home Services for the Elderly program (EISEP), as well as our Caregiver Support program. Amy does an excellent job assessing seniors' needs and then linking them to needed supports. Such supports including in home aide, adult day health, and respite care. All are key to helping seniors lead happy, healthy lives in their own home environments. If you think you or a loved one could benefit from exploring such services, give Amy a shout at **315-536-5515**. She would be more than willing to meet with you!!



Concerns about future health care coverage?

You can become educated. You can advocate for what you believe would be adequate health care coverage.

You can access the following websites to obtain useful and current information on the Health Care Act.

National Association of Area Agencies on Aging (N4A):

This link includes legislative updates and advocacy alerts: <https://www.n4a.org/>

Kaiser Family Foundation:

This link includes valuable information regarding the national impact to seniors: <http://www.kff.org/>

Medicare Rights Center:

This link is a one-stop resource on facts and resources about the Medicare program and any proposals to change it: <https://www.medicarerights.org/>

What is an adverse drug event (ADE)?

An ADE is ANY harm caused by a medicine that a person is taking. Anyone who is taking medicines can have an ADE. It can happen with any changes in your medicines. An ADE can also happen: * Even if you have been taking the same medicine for a long time * Even if the medicine you are taking has been prescribed at the right dose.

This is why it is so important for you to know about the possible signs and symptoms of an ADE.

Signs/symptoms of an ADE

- | | |
|---|---|
| * New or increased confusion | * Weakness or a feeling of being tired all the time |
| * New or increased depression | * Loss of appetite |
| * New or worsening insomnia (problems sleeping) | * Falls |
| * Rash | * Changes in speech |
| * Nausea/vomiting | * Bruising, bleeding, blood in stool |
| * Trouble breathing | * New incontinence (loss of control of bladder or bowels) |

What to do if you recognize an ADE sign/symptom:

If you believe you are experiencing an ADE, contact your doctor or pharmacist immediately. If you are having a severe or life threatening reaction such as bleeding that doesn't stop, breathing problems, chest pain, confusion, or fainting call 911.

How to prevent ADEs: * Take ONLY the medicines that your doctors prescribed for you * Do NOT share your medicines with others * Take your medicines exactly as your doctor advised * Never change the dose of your medication without the approval of your doctor * Ask your pharmacist or doctor before taking any over the counter or herbal medications * Always have a list of ALL your medications with you * Be sure EACH of your doctors know ALL the medications you are taking * Get ALL of your medications from the same pharmacy * Attend your regularly scheduled doctor appointments * Ask questions when you are unsure of anything * Be your own advocate

Source: IPRO Healthy Insights 2017 Issue 2

National Falls Prevention Awareness Day

National Fall Prevention Awareness Day is celebrated on the first day of Fall, which is September 22, 2017.

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips from the National Council on Aging:

- Find a good balance and exercise program. Yates Office for the Aging offers Bone Builders, Matter of Balance and Tai Chi classes to help prevent falls. These are evidenced –based programs that have been proven to work in helping to prevent falls.
- Talk to your health care provider. Share your history of recent falls with your doctor
- Regularly review your medications with your doctor or pharmacist. Make sure side effects aren't increasing your risk of failing.
- Get your vision and hearing checked annually and update your eyeglasses. Your eyes and ears are key to keeping you on your feet.
- Keep your home safe. Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas. Call Pam Strong to talk about your concerns about making your home safe.
- Talk to your family members. Enlist their support in taking simple steps to stay safe. Falls are NOT a part of the aging process!

For more information on falls and exercise classes, call Pam Strong at Pro Action Yates Office for the Aging at 315-536-5515.

HEAP Season is Approaching- Stay tuned to your local papers and radio for notification of when HEAP applications will be available.

Exercise Programs Offered through the Office for the Aging

Do you want to feel great when you wake up in the morning?

What if you fall, do you want to learn how to get up?

Would you like to feel stronger and have more stamina?

Do you want to have fun and be active at the same time?

Bone Builders – Osteoporosis Prevention and Bone Strengthening

Penn Yan area class – Tuesdays: September 26 to December 12 – 10:00-11:00 am

Penn Yan area class – Thursdays: September 28 to December 14 – 10:00-11:00 am

Tai Chi – Relieve Pain and Improve Health and Balance

Penn Yan class — Tuesdays: **Advanced class** – September 26 to December 12 – 8:30-9:30am

Penn Yan class — Thursdays: **Beginner class**- September 28 to December 14– 8:30-9:30am

Penn Yan class – Wednesdays: **Beginner class** – September 27 to December 13 – 1:30-2:30 pm

Matter of Balance – Practical strategies to manage falls, increase activity level

New class will start October 10 to November 28 in Dundee. Call the office for more details

Heathy Living –Learn how to manage your chronic health conditions

Dundee area class — September 26 to October 31, 2017 from 1:00-3:30 pm. Location to be announced.

To sign up for these classes call Pam Strong at 315-536-5515. Most classes can be joined at any time! Transportation may be available.

Permanent Absentee Ballots

If voting from home would be easier for you than going to the polls on Election Day, contact the Yates County Board of Elections Office by telephone, by mail, or in person to obtain a Permanent Absentee Ballot Application. Once the completed application is received, you will be entered on the permanent absentee ballot mailing list, and you will receive ballots for all elections in which you are entitled to vote, including school, village, and library elections.

If you are enrolled in a party, you will also receive Absentee Ballots for your party's Primary Elections should there be any. If you have any additional questions or concerns, please contact YC Board of Elections Office at 315-536-5135 Monday through Friday 9:00 AM to 5:00 PM.



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www.proactioninc.org

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Need Assistance with Medical Costs?

There are several programs that may assist you in paying for your Medicare premiums. Even if you think you may not qualify, please call our office for a screening.

- Medicare Savings Program (MSP): Pays your Part B Premium
- Extra Help: Pays your Part D Premium up to \$40.99 per month.
- Qualifying Individual Program (QI): Pays for your Part B Premium
- Specified Low-Income Medicare Beneficiary Program (SLMB): Pays your Part B Premium
- Qualified Medicare Beneficiary Program (QMB): Pays your Medicare Premiums, Pays your deductibles and coinsurances if you see providers who participate in Medicare or who are in your Medicare private health plan's network. Medicare providers cannot charge you anything for Medicare-covered services.

Call Ashley Tillman at 315-536-5515 for more information about eligibility guidelines.

Stay Informed

- Follow Yates NY Connects/Office for the Aging on Facebook.
- Go to our website for previous issues of The Grapevine Express at <http://proactioninc.org/thriving-seniors/>



Yates NY Connects/Office for the Aging

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